

Vivekanand Arts, Sardar Dalipsingh Commerce & Science College

Samarthnagar, Aurangabad-431001



DEPARTMENT OF PSYCHOLOGY



Information about Counselling Centre

Academic year 2023-2024

Best Practice

Title of the Practice

Students counselling for problem solving

Objectives

- 1) To help students in solving their problems.
- 2) Provide assistance to the students for knowing better their interests, abilities, aptitudes and opportunities.
- 3) To assists the students in planning for educational and vocational choice.
- 4) Promotion and awareness creation of mental health.
- 5) To help students to increase confidence and behavioural change.

The Context

Life of students is getting complex day by day. Counselling and guidance are needed to overcome the problems of students for optimum achievement and satisfactory adjustment in various life problems.

Counselling is a process in which an individual shares his problems with the counsellor and the beneficiary gets advice to cope up with his problem. In today's modern world, it is revealed that, students are facing various difficulties like anxiety, stress, family conflict, unemployment, poverty etc. Students can't share their problems with their family members or with their friends. All these factors effect on their mental health. Taking in to consideration the gravity of students' problem, the department of Psychology established the

counselling centre to assist the students since five years. This centre is providing the facility of counselling with active participation of teaching staff free of cost. The students from various faculty approach to this counselling centre to solve their problems and psychological testing. Till today, many students have taken the benefit of this facility.

Facilities under Counselling Centre

- 1) Intelligent testing.
- 2) Personality measurement.
- 3) Guidance for improvement in study habits, memory
- 4) Stress management training.
- 5) Group counselling.
- 6) Counselling for personal problems.
- 7) Conducting workshops, lecture series, certificate courses for students.

Evidences

Department of Psychology takes initiative every year to create awareness about counselling facility available in college premises. Informative leaflets are distributed to students for getting information about the centre. Notice are displayed on the Notice board and circulated in the classrooms before organizing workshops, orientation and lectures etc. The information from the students is collected, analysis of his problems is done and counselling is provided by using psychological tests as per the requirement.

Year-wise information of counselling facility is as follows:

Sr. No.	Year	Number of total Clint's Counselling
1	2023-2024	171

Registration List

Academic year 2023-2024

Vivekanand Shikshan Sanstha's
Vivekanand Arts, Sardar Dalipsingh Commerce & Science College,
Samarth Nagar, Aurangabad (M.S.)

Department of Psychology
Psychological Testing CAMP
Dated on 09, 10 & 11 October 2023

9/10/23

REGISTRATION LIST

Sr. No.	Name	Stream/occupation	Contact	Sign
1	✓ Sameer Damodar	Bsc	9730300412	Sameer
2	✓ Snehdeep Thombre	B.S.C T.Y	7745876117	Snehdeep
3	✓ Sanyog S. Mohite	B.S.C T.Y	9209101063	Sanyog
4	✓ Krushna Dubhade	B.S.C	9433861608	Krushna
5	✓ Ganesh Chaudhari	M.A.	7378940222	Ganesh
6	✓ Swaraj Vararase	11 th	9370499828	Swaraj
7	✓ Kartik Wagh	11 th Sci	9860394388	Kartik
8	✓ Soham Thokral	11 th	8468844217	Soham
9	✓ Jeenesh Raut	11 th	8329591601	Raut
10	✓ Chavan Amol	BSC F.Y	801004594	Amol
11	✓ Nikita Arngade	BSC S.Y	8010696994	Nikita
12	✓ Shaikh Nazim	BSC S.Y	8767060461	Nazim
13	✓ Sahil Teduri	B.S.C S.Y	787597661	Sahil
14	✓ Rajnandini Jadhav	B.S.C	738555628	Rajnandini
15	✓ Santama Laxman Ahire	SC	9823579918	Santama
16	✓ Manisha Nishant Ohol	SC	7745816892	Manisha
17	✓ Surviya Satish Kusher	B.A.F.Y	8698151482	Surviya
18	✓ Sonal A. Hiwrale	B.A.F.Y	9309019663	Sonal
19	✓ Vishal A. Jadhav	B.A.F.Y	9921875746	Vishal
20	✓ Krishna G. Toshniwal	BAFY	9529311107	Krishna
21	✓ MAHESH. N. LAN	BAFY	9545383002	Mahesh

Sr. No.	Name	Stream/occupation	Contact	Sign
22	Vishwajit R. Mhasre	11 th Arts	7499001533	
23	Meet Patel	B.Com F.Y	9740697022	
24	Anish Gopal. Parati	1 st R. Com	8698846708	Anish.
25	Ganesh Solanke	1 st Bsc	7499714870	
26	Rathod Datta.	Fy. P.S.C	9975143475	
27	Sima Thorat	B.A. F.Y	9545350809	Sima
28	dhali Ingle	B.A. F. Y	7620284622	dhali
29	Arti Najan	B.A. f. y	7666770152	
30	Tejagini Jaiswal	B.S.C. Fy	8055202610	
31	Tejal S. Raut	B.Sc. F.Y.	876766745	
32	Rohini B. Borude	B.A.S.Y	972531396	Rohini
33	Urmila Kamble	B.A. 2Y	963739907	
34	Ruhikesh D. Popalghat	MSc. II (Biotech)	9607182210	
35	Bhagat Shikha Anil	MSc. II Biotech	8600135997	
36	Jagtap Pooja vilas	MSc. II Biotech	9764301175	
37	Galande Jyoti Navanath	Msc II Biotech	8262904480	
38	Gyanesh R. Laghone	III BSC F.Y	9834595569	
39	MALI YASH DADASHHEB	MSc II (Biotech)	7499575350	
40	Aakanksha Santosh Sable	B.Com II yrs	9980571879	A.sable
41	Usha Sahelram Marikal	B.Com II yrs	9545956952	Usha
42	Pooja Tanandhan Pawar	B.Com II yrs	9980571879	Pooja
43	Pallavi Anil Salve	B.Com II yrs	707499615415	
44	Amar Sanjay kale	Bsc II year	9322188570	Amar.
45	Rundl Siddheshwar Jambhude	B.A III year	8551818984	
46	Kanade Rutuja onyaneshwar	Msc II Bio	9699209173	Kanade.
47	Hire Mansi Santosh	-11-	7028512812	

Sr. No.	Name	Stream/occupation	Contact	Sign
48	Anuja Mahajan	-11-		
49	Ajay Kharat	B.Sc	8830767069	Anuj
50	Munjaran Mande	IT Comp.	8662193623	Ajay
51	Gayatri Giri	B.Sc. micro	8329616355	Gs
52	Aakanksha Suresh Madhikar	B.COM 2nd	9834555472	Guru
53	Gauri Anil Tejghale	B.com 2 nd year	7499002610	Anadhikar
54	Sakshi Sanjay Rathod	B.com IT nd year	9840754265	Sakshi
55	Jay Paikar	B.com IT nd year	808053560	Sakshi
56	Omkar R. Jutte	B.Sc. F.Y math	9929365211	Paikar
57	Piyush Adikane	11 th	8855043834	Adikane
58	Mahesh vaishnav	11 th	9881528322	Piyush
59	Vinit Bhalekar	11 th	8554833656	Mahesh
60	Datta. R. R. Rathod	11 th	9657932809	Bhalekar
61	Akash B. Khandagale	BSC.Fy	9975143475	Datta
62	Shubham B. Khandase	B.Sc Fy	9921150281	Akash
63	Sayyad sameet	B:sc Ty	9766234248	Shubham
64	Nikhil Kalaskar	B.com Fy	9922860042	Sameet
65	mayur chandhari	B.com Fy	9067640024	Nikhil
66	Rohit Sakhale	B.com Fy	9834931262	Mayur
67	Vishal Pawar	-u-	9699913083	- (1)
68	Somkhee Yeole	-u-	9080239759	- (2)
69	Akash Khandase	-u-	9370555626	-
70	Vikky Sasane	MSc-Biotech	7038588159	- (3)
71	Omkar Ingole	B.Com	8350839968	- (13)
72	Jaydeep Gaikwad,	BA	9765281006	- (14)
73	Jagdish Pawar	BA	9356775191	- (18)
		BA	9309288935	- (19)

Sr. No.	Name	Stream/occupation	Contact	Sign
74	Rohit Gaikwad	BA	9119435183	- (20)
75	Gautav. S. Khajekar	BA	8208767870	- (21)
76	Rohini Waghmare.	BA LLB	797425424	
77	10/10/23			
78				
79	Chaitanya Bombale	B.S.C	9284236615	
80	Shubdeep Thombre	B.S.C T.Y	7745876117	
81	Samru Damodar	BSC T.Y	9730300412	
82	Sanyog S. Mohite	B.S.C T.Y	9209101063	
83	Ganesh Saghare	B.S.C T.Y	983459568	
84	Vaibhav F. Shembetwad.	B.COM F.Y	9745039717	
85	Anshu G. more	B.com Fy	8010686304	
86	Sadhana Appasaoo Sirsat	B.A.S.Y.	9356439338	
87	Nandini D. Saunde	B.Sc II nd yr	8766050515	
88	Suigdha S. Mammali	B.Sc. S.Y	8129589057	
89	Rapkas Charmi Nitin	B.Sc. S.Y.	7020775257	
90	Sanyog S. Thorat	B.A. F.y	9401153656	
91	Gautav m. Supakar	B.A F.Y	8208619314	Gautav
92	Arjun S. Nagre	B.A S.Y	9579987734	
93	Ahija G. sadashive	BA 5 th	7923015912	Ahija
94	Vijay. N. Shinde	B.Com I.Y	8010149772	
95	Dr. smt sangita.p. pawar	Professors	9328193891	
96	Sakshi Vinod Kedare	12 th sci	9730241065	
97	Priti Bhagwan Hire	12 th sci	8999985571	
98	Swati prabhu Nimbhore	12 th sci	7709573991	
99	Komal Kallay Borde	BSc II nd yr	9322261781	
99	Sonal Rajesh Dange	BSc II nd yr	9307160486	

Sr. No.	Name	Stream/occupation	Contact	Sign
100	Shrutti Subhash Dighole	BSc 2 nd yr	9158426645	Shrutti
101	Pratibha Sontosh Chaudhari	BSc 2 nd yr	8459339213	Pratibha
102	Vaishnavi Sandeep Neel	BSc 2 nd yr	7038539080	Neel
103	Lipakshi Sunil Phiwor.	B.Sc 2 nd year.	7447754822	Phiwor
104	Samradhyye Prakash Gaikwad	12 th sci	7744022942	Sam
105	Vaibhavi Khanbee	12 th sci	768062498	Vaibhavi
106	Akash Rhandagale	B.Sc Ty.	9921150281	Akash
107	Shubham Khadse	B.Sc Ty	9766234498	Shubham
108	Kunal Sonawane	B.Sc. Ty.	9309959938	Kunal
109	Jay Zalke	B.Sc. S.Y	9960204104	Jay
110	Suraj Lokhande	B.Sc S.Y	8788091963	Suraj
111	Neha Chauhan	B.Sc. II nd yr	7699546475	Neha
112	Ashwini Jagdand	Msc. BT. SY	7798892729	Ashwini
113	Sejal Mahore	MSC BT. SY	8149718073	Sejal
114	Rasika Ambekar	B.com fy	726608772	Rasika
115	Anjali. A. Aradhya	B.Com fy	9823591674	Anjali
116	Harshali. D. Teli.	B. Com fy	9373842798	Harshali
117	Tejaswini. S. Chandan	B. com F.Y	9172294782	Tejaswini
118	Khandare Akash	MSc. Sy	7098588159	Akash
119	Balunke Pooja	MSc. Sy	8767139993	Pooja
120	Saket Sudruk	B.Sc FY	7414346017	Saket
121	Kaveri B. Salve	B.A.F. Y	7756942278	Kaveri
122	Priyanka S. Gaikwad	B.A.F. Y.	8390769766	Priyanka
123	Nimawad Sutekha	Msc. S.Y.	7821964190	Nimawad
124	Snela Sarode	B.A.F. Y	9130657879	Snela
125	Vaishali Kantital Gaikwad	B.A.F. Y	9130650049	Vaishali

Sr. No.	Name	Stream/occupation	Contact	Sign
126	sandesh vinayak pedol	B.S.C/Fy	9403375155	
127	Aditya chandrakant Jadhav	B.Sc Fy	7666977062	
128	Pratik Alhat	B.sc Fy	9762041880	
129	Nikita Raut 11/10/23	Msc S.Y	904940107	
130	ommar Jaisog Quaderi	Poly- Ilyr	8055513383	
131	Akshay Agrawal	Msc s.y.	9545319897	
132	sohel Shaikh	Msc sy	9834997811	
133	Sakshi . M. Rawde	Msc II nd ye	8482983755	
134	vijaya A. Bayas	Msc II YE	702829062	
135	chavan Ashvini . S	Msc II ye	9322898177	
136	Dipali solanke .	Msc II ye	9765531356	
137	Devashish Tapdiya	Msc II ye	9130405507	
138	Siddhant Dhamedhar	11 th com.	7888000478	
139	Mahesh Thole	11 th com.	9307879231	
140	Vedant Chabilwad	11 th com	9325594620	
141	Rahul Shinde	11 th com	8080129400	
142	Kiran Ghorpade	B.Sc. Fy	8010842507	
143	Deepesh Sonawane	B.sc .Fy	8485086905	
144	Roshan Jadhav	B.sc .SY	9518384999	
145	Sakshi Baidavane	11 th com.	8668945449	
146	Ansari Urjiya Nawsheen	M.sc . S.Y	7507785288	
147	Ganesh solanke	Bsc F.Y	7499714870	
148	Varsha sharma	XI com.	9607207172	
149	Vaishnavi Hatkar	XI com.	8796311516	
150	Ankita Amit Gupta	Bsc 2 nd year	8208122939	
151	Manisha chauhan	Bsc 2 nd year	8010130317	

Sr. No.	Name	Stream/occupation	Contact	Sign
152	Nisha Saini	B.Sc 2 nd year	7620749551	<u>Naina</u>
153	Dahrbhate Tanaya	B.Sc TY	7378797998	<u>Tanaya</u>
154	Soniya Dahrbhate	B.Sc TY	8530788871	<u>Soniya</u>
155	Dnyaneshwari Padmane	M.Sc 2 nd year	7972560686	<u>Dnyaneshwari</u>
156	Suyali Gadhve	M.Sc 2 nd year	9766496719	<u>Suyali</u>
157	Tanmayi Jadhav	B.Sc 2 nd year	8080551960	<u>Tanmayi</u>
158	Aarishah Shaikh Yakub	B.Sc (S.Y)	8600345135	<u>Aarishah</u>
159	Sanyog Sakharari Mohite	B.Sc T.Y	9823698080	<u>Sanyog</u>
160	vishal manohar Patil	B.Sc SY	8440657414	<u>Vishal</u>
161	Katkar Neha. Mukundrao	M.Sc SY	9322735653	<u>Neha</u>
162	Katkar Manisha. Bhugvat	M.Sc SY	7559219084	<u>Manisha</u>
163	shivam santosh Bhale	B.Sc SY	9371972694	<u>Shivam</u>
164	Vaibhav Girish Katkar	B.Sc SY	9172054892	<u>Vaibhav</u>
165	Pratik Hasei Jadhav	B.Sc SY	9309460674	<u>Pratik</u>
166	Sameer Damodar	B.Sc TY	9730300412	<u>Sameer</u>
167	Vivek Anil Idarkar		9028088805	<u>Vivek</u>
168	Siddhesh Dnyaneshwar Jadhav	B.Sc. S.Y.	9307798490	<u>Siddhesh</u>
169	Sukash Shivraj Chandrakant	B.Sc S.Y	984869135	<u>Sukash</u>
170	Mayur Malhari Zalke	B.Sc S.Y	9028909813	<u>Mayur</u>
171	Om Sheendiram Shinde	B.Sc. SY	8788182376	<u>Om</u>
172				
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175				
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HEAD

Department of Psychology
Vivekanand Arts, Sardar Dalipsingh
Commerce & Science College,
Samarthnagar, Aurangabad

Activity Report

Vivekanand Arts, Sardar Dalipsingh Commerce & Science College, Aurangabad

Form No.: IQAC/FM/Teacher/Criterion-VI/100

IQAC

ACTIVITY REPORT

Academic Year: 2023-24

Name of Committee/ Department: Psychology

Name of Teacher/ Committee Convener: Dr. R. R. Shinde

IQAC Activity No:

Criterion No.: VII

Name of The Activity: Psychological Testing Camp

Date: 9, 10, 11 Oct 2023

Venue: Dept of Psychology

Number of Teacher Participants: 06

Number of Student Participants: 171

Nature of activity (Outdoor/Indoor): Indoor.

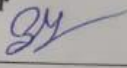
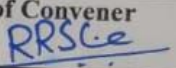
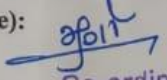
Brief Information About the Activity

Topic/Subject of the Activity	Psychological Testing
Objectives	Students is to assess and understand their personality, cognitive, behavioral strength.
Outcomes	Student identifying needs, guiding personal growth and academic success.

Details of the activity: The activity involves administering standardized tests, interviews and observation assessment to evaluate student mental health functioning.

Proofs & Documents Attached (Tick Mark The Proofs Attached):

Type of Proof/Document attached	Yes/ No/ Not Applicable
Notices	Yes
Letters	Yes
List of Students' Participation	Yes
Photographs	Yes
Certificates	NO
Feedback Forms	Yes
Feedback Analysis Report	NO
News Clip With Details	NO
Any other (Please specify)	NO

Name of Teacher: Dr. Bhagwan Bochari	Sign of Teacher 
Name of Convener: Dr. Ravindra Shinde	Sign of Convener 
IQAC Coordinator (Seal & Signature):  Co-ordinator, Internal Quality Assurance Cell Vivekanand Arts, Sardar Dalipsingh Commerce & Science College,	

Images



09/10/23 10:14:20



GPS Map Camera



Aurangabad, Maharashtra, India
219, Samarthnagar Rd, above Union Bank, Chintamani Colony, Aurangabad,
Maharashtra 431001, India
Lat 19.875288°
Long 75.321713°
09/10/23 12:06 PM GMT +05:30



GPS Map Camera



Aurangabad, Maharashtra, India
219, Samarthnagar Rd, above Union Bank, Chintamani Colony,
Aurangabad, Maharashtra 431001, India
Lat 19.875287°
Long 75.321705°
09/10/23 12:04 PM GMT +05:30

Case History form



Vivekanand Shikshan Sanstha's

VIVEKANAND ARTS, S. D. COMMERCE & SCIENCE COLLEGE,
AURANGABAD

DEPARTMENT OF PSYCHOLOGY

COUNSELLING FORM

Name: Gender.....

Class: Contact no. Age

Email Address:

Address:

Case History

.....
.....
.....

Summary of the Problem

.....
.....
.....

Psychological test Administered

Result of the test

Counselling Given

.....
.....

(This Information will be kept confidential)

Name & Signature of Beneficiary

Name & Signature of Counsellor

विवेकानंद कला, सरदार दलपसिंग वाणिज्य व विज्ञान महाविद्यालय

● मानसशास्त्र विभाग (Department of Psychology) ●

समुपदेशन केंद्र
Counseling Centre

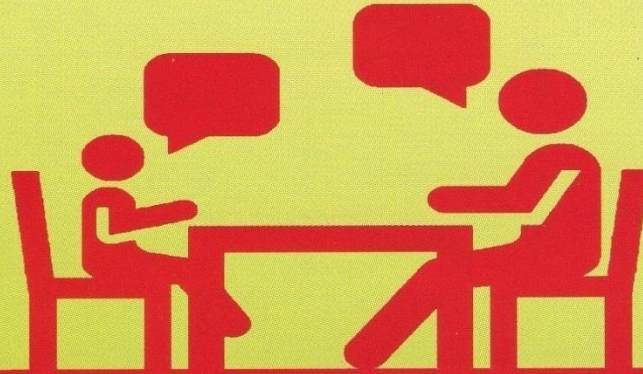


तुमच्या आमच्या आयुष्यात अनेक प्रश्न निर्माण होतात. ते कधी कौटुंबिक, भावनिक तर कधी नातेसंबंधाबद्दल असतात. कधी आपल्याला आर्थिक ओढाताण त्रस्त करते; तर कधी शैक्षणिक अडचणी चक्रावून टाकतात.

अशा सगळ्या प्रश्नांचा गुंता वाढला की मन अस्थिर होतं, प्रचंड ताण येतो. भावनांचा कोंडमारा असह्य होतो आणि आपलं मानसिक आरोग्य ढासळतं! पण आपण त्याकडे दुर्लक्ष करतो.

आपल्या मनातल्या अस्वस्थतेबद्दल आपण बोलतो कमी आणि कुढतो जास्त. यातूनच वाढते जीवघेणी चिंता, निराशा, भावनांचा कल्लोळ आणि घडणाऱ्या आत्महत्या.

पण आपल्या मानसिक समस्यांना आपण उत्तरे शोधू शकतो. त्यासाठी गरज आहे समस्यांविषयी मोकळेपणाने बोलण्याची! आणि हक्काचे ठिकाण असण्याची! असं ठिकाण म्हणजे आपल्या महाविद्यालयातील मानसशास्त्र विभाग. तिथे हक्काने या विश्वासाने आपल्या समस्या मांडा आणि समुपदेशनाचा लाभ घ्या. लक्षात ठेवा की तुम्ही एकटे नाही तुमच्या अडचणी सोडवण्यासाठी आम्ही तुमच्या सोबत आहोत.



मोकळेपणाने बोलूया । मानसिक आरोग्य जपूया ।

विवेकानंद शिक्षण संस्था औरंगाबाद

विवेकानंद कला, सरदार दलिपसिंग वाणिज्य व विज्ञान महाविद्यालय

समर्थनगर, औरंगाबाद



मानसशास्त्र विभाग



मनोविकास समुपदेशन केंद्र

मानसशास्त्र विभागाच्या वतीने खालील समस्यांविषयी मार्गदर्शन केले जाईल.

- १) सततची चिंता
- २) नैराश्य
- ३) झोपेचा त्रास
- ४) ताणतणाव
- ५) डोकेदुखी



- ६) आत्महत्येचे विचार मनात येणे
- २) विस्मरण, घबराट होणे
- ३) चिडचिड, आक्रमकता
- ४) आहारविषयक अडचणी
- ५) अभ्यासविषयक अडचणी

याशिवाय

व्यक्तिमत्व विकास, नेतृत्व विकास, अध्ययन कौशल्य, स्मरणशक्तीवाढ, बुद्धीमापन, करीअर गाईडन्स, मुलाखत तंत्र, ताण व्यवस्थापन याविषयीही समुपदेशन केले जाईल.

समुपदेशन वेळापत्रक

अ.क्र.	समुपदेशकाचे नाव	वार	वेळ	भ्रमणध्वनी
१)	डॉ. रवींद्र शिंदे	सोमवार	स.१०.०० ते दु. १.००	९९५८४३९९९९
२)	डॉ. महेश मरकड	मंगळवार	स.१०.०० ते दु. १.००	९९२३३८०३९०
३)	प्रा. अक्षय शिंदे	बुधवार	स.१०.०० ते दु. १.००	८४८४८४४८१०
४)	डॉ. राम वजीरे	गुरूवार	स.१०.०० ते दु. १.००	९४०४००००६०
५)	डॉ. भगवान बोचरे	शुक्रवार	स.१०.०० ते दु. १.००	९७६७५९७७७६